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DOB:

Full Name:

WEEKLY HOME BLOOD PRESSURE RECORD

Instructions:

Rest for 5 minutes prior to measurement of your blood pressure. Check blood pressure three times in the morning and the evening, within 1 hour from waking up or going to bed. The first reading can be ignored and the next 2 readings then recorded. Blood pressure readings should be done in the seated position and the readings should be done within a few minutes of each other. They should be done at roughly the same time each morning and evening. **Blood pressure readings should be recorded for the 7 days prior to visits to your specialist or local doctor.** Please bring the completed form to your next visit. Please average morning and evening systolic (top number) and diastolic (bottom number) readings. An average reading less than 125/75 mmHg is ideal, especially in the morning.

| Start Dat | e: | Morning | | Evening | |
|-----------|-----------|---------|------|---------|------|
| Day 1 | Reading 2 | / | mmHg | / | mmHg |
| Day 1 | Reading 3 | / | mmHg | / | mmHg |
| Day 2 | Reading 2 | / | mmHg | / | mmHg |
| Day 2 | Reading 3 | / | mmHg | / | mmHg |
| Day 3 | Reading 2 | / | mmHg | / | mmHg |
| Day 3 | Reading 3 | / | mmHg | / | mmHg |
| Day 4 | Reading 2 | / | mmHg | / | mmHg |
| Day 4 | Reading 3 | / | mmHg | / | mmHg |
| Day 5 | Reading 2 | / | mmHg | / | mmHg |
| Day 5 | Reading 3 | / | mmHg | / | mmHg |
| Day 6 | Reading 2 | / | mmHg | / | mmHg |
| Day 6 | Reading 3 | / | mmHg | / | mmHg |
| Day 7 | Reading 2 | / | mmHg | / | mmHg |
| Day 7 | Reading 3 | / | mmHg | / | mmHg |
| Average | | / | mmHg | / | mmHg |

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